

METTA REQUEST FORM

I would like metta sent to this being/these beings:

(If you like, you can explain a bit about their situation below.)

Circle all that apply:

- 1) I would like a teacher to send metta to this being/these beings during that teacher's individual metta practice some time this week.

- 2) I would like a teacher to read this being's/these beings' name(s) aloud before the "sharing of merit" at the end of practice.